

May 2017

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Hours:
Monday – Thursday 10am – 2pm
Friday 10am – 1pm

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Coffee Talk 10:30 Finish the Line 11:00 Seated Exercise 12:00 Lunch 12:45 Paws4Comfort 12:45 May Day 1	10:00 Coffee Talk 10:30 Teacher Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Paws4Comfort 12:45 Jack Benny 2	10:00 Coffee Talk 10:30 Morning Stretches 11:00 OTA Activity 12:00 Lunch 12:45 Paws4Comfort 3	Aquatic Wellness Program, Exercise, Music with AI, Art and Lunch at the Roger Carter Center 10:00 – 2:00 4	10:00 Coffee Talk 10:30 Cinco De Mayo 11:00 Ceramics 12:30 Lunch 5
10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Paws4Comfort 12:45 Music with Tom 8	10:00 Coffee Talk 10:30 Horse Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Kentucky Derby 9	10:00 Coffee Talk 10:30 Finish the Lyrics 11:00 Seated Exercise 12:00 Lunch 12:30 <i>Bykota Players</i> 12:45 Paws4Comfort 10	10:00 Coffee Talk 10:30 Berlin Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 BINGO 11	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 12
10:00 Coffee Talk 10:30 Flower Craft 11:00 Seated Exercise 12:00 Lunch 12:45 Paws4Comfort 12:45 Mother's Day Program 15	10:00 Coffee Talk 10:30 Senior Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Paws4Comfort 12:45 Shining Seniors 16	10:00 Coffee Talk 10:30 Crosswords 11:00 Seated Exercise 12:00 Lunch 12:30 <i>Two for the Show</i> 12:45 Paws4Comfort 17	10:00 Coffee Talk 10:30 Women Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Music with AI 18	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 19
10:00 Coffee Talk 10:30 Armed Forces 11:00 Seated Exercise 12:00 Lunch 12:45 Paws4Comfort 12:45 Soldier Appreciation 22	10:00 Coffee Talk 10:30 Jeopardy 11:00 Seated Exercise 12:00 Lunch 12:45 Art With a Purpose 23	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Peter 12:45 Paws4Comfort 24	10:00 Coffee Talk 10:30 Crosswords 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Tom 25	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 26
Center Closed Memorial Day 29	10:00 Coffee Talk 10:30 Memorial Day 11:00 Seated Exercise 12:00 Lunch 12:45 Patriotic Sing-a-Long 30	10:00 Coffee Talk 10:30 Brain Games 11:00 Men's Group 12:00 Blue Plate Lunch 12:30 Birthdays 12:45 Ceramics 12:45 Paws4Comfort 31		Birthstone – Emerald (Success in Love) Flower – Lily of the Valley  Color(s) – Yellow and Red

Caregiver's Corner

Americans celebrate Armed Forces Day on the third Saturday of May. The Connections Social Day Program at Ellicott City would like to show their support for our troops by putting together care packages with our members to send to the troops through Support Our Troops. Their website is:

<https://supportourtroops.org/care-packages?gclid=CKjBv5SWs9MCFZ1WDQodwqMPjw> .

If you would like to support this project, please bring donations to the center by May 18th. The website offers a complete list of items that our troops find useful. Many of the items can be found at your local Dollar Store. We will have printed lists at the center, and have attached one to the calendar. We will also be making cards at the center and would be happy to send any notes or cards that you wish to include.

Let's Celebrate our May Birthdays!

Please feel free to join us as we wish a very happy birthday to Myrtle and Willa!

This month we will be celebrating birthdays on Wednesday, May 31st.

A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations.

Thank you to HoneyBaked Ham for their continuous support of our program.

Reminder

The Connections Social Day Program will be traveling to Roger Carter Center for our monthly Aquatic Wellness Program on Thursday May 4th.

Please remember to bring your swimsuit or swim trunks, towel and water shoes

Inclement Weather Policy:

When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Social Day Program at Ellicott City will be closed.

If the schools are delayed by one hour, the center is open.

When the schools have a scheduled day off, please tune to WBAL-TV for possible weather related closures of the center or call the Inclement Weather Line at 410-313-7777.

Contact the center at 410-313-1425 to hear a recorded message regarding center operations.

What the Troops Ask For – (updated 11-19-2016)

Stuff

- \$25 VISA and M/C gift cards (gives them maximum flexibility, for WIFI, etc)
- Phone cards (major brands international)
- Personal hygiene items(unscented whenever possible)
 - wet wipes, individually wrapped
 - disposable razors (men's and women's)
 - chap sticks
 - body wash, lotion, face wash, mouth wash, deodorant, q-tips, shampoo, conditioner
 - foot powder
 - and the like
- Feminine products (unscented whenever possible)
 - Small packs of napkins and tampons
 - Female version of body wash, lotion, razors, face wash, mouth wash, deodorant, q-tips, hair de-tangler, face moisturizer, shampoo, conditioner
 - Small grooming kits
- Sunscreen
- Magazines (clean content)
- Fun posters and calendars for dressing the place up
- AA batteries
- AAA batteries
- Movies and music on thumb drives only (“USB devises are cool to send movies and current shows on in digital form! Just please keep them virus free.”)
- 1 GB+ USB memory sticks (thumb drives) (blank)
- Cards, letters, group photos (we want them to know real people did this for them)
- Laundry PODS packed in a sturdy plastic or metal container.
- Tobacco (“yes a lot of us smoke, dip, chew, and vape”)

Food Stuffs

- Hard candy
- Cookies
- Corn nuts
- Protein bars/powder
- Weight-lifting powder
- Gum
- Rice Krispy Treats
- Slim Jims
- Beef jerky
- Popsicle/Pop-Ice (some places have freezers)
- Granola and other snack bars
- Nuts other than peanuts in re-sealable containers
- Dried fruits in re-sealable containers
- Tins and packets of flavored coffee and cappuccino
- Breath mints

- Peanut butter crackers
- Liquid creamers in little plastic cups with a foil top packed in a sturdy plastic or metal container.